

ORIGINAL ARTICLE**THE RELATIONSHIP BETWEEN PEER SUPPORT AND MENTAL HEALTH IN ADOLESCENTS AT DWIJENDRA SENIOR HIGH SCHOOL, DENPASAR****Ni Made Ayu Sintya Astiti***, Ni Komang Sukra Andini, Anak Agung Sri Sanjiwani

Nursing Study Program, Wira Medika Bali College of Health Sciences, Denpasar, Bali, Indonesia

*Corresponding author: ayusintyaastiti@gmail.com**ARTICLE INFO***Article history:**Received: 7 January 2026**Revised: 5 February 2026**Accepted: 6 February 2026**Keywords:**Adolescence;**Mental Health;**Peer Support.***ABSTRACT**

Background: Adolescence is a developmental phase that is prone to mental health problems due to biological, psychological, and social changes. Peer support has an important role as a protective factor in helping teens manage stress, anxiety, and academic stress. However, there are still adolescents who experience mental health disorders even though they are in the school environment, so it is necessary to study the supporting factors that affect these conditions. **Objective:** This study aimed to find the relationship between peer support and mental health in adolescents at Dwijendra Senior High School, Denpasar. **Methods:** A quantitative design was used, with a cross-sectional approach. The research sample consisted of 163 first-level students, who were selected using stratified random sampling techniques. Data collection used a peer support questionnaire and the Mental Health Inventory (MHI-38). Data analysis was carried out using the Spearman Rank correlation test at a significance level of $\alpha = 0.05$. **Results:** A value of $p = 0.004$ ($p < 0.05$) with a correlation coefficient of 0.223, indicating a positive and significant relationship between peer support and adolescent mental health. **Conclusion:** Peer support is significantly associated with adolescent mental health. The higher the support received from peers, the better the adolescent's mental health condition. These findings affirm the importance of strengthening the peer social environment as a promotive and preventive effort for mental health in schools.

BACKGROUND

Adolescence is a developmental phase that is susceptible to various physical, social, and psychological challenges. Hormonal changes during puberty affect emotional stability and self-regulation abilities, which makes teens more likely to feel anxious, moody, or restless. On the other hand, immature cognitive development often makes them have difficulty managing pressure, both from school, family, and peers. This imbalance makes it easier for youth to experience mental health problems such as anxiety, depression, and persistent stress (Nuramanah et al., 2023). The World Health Organization (WHO) defines mental health as a prosperous condition in which an individual can cope with the burdens in their life, work effectively, and take part in their environment. More than half of mental health problems first appear in adolescence and often continue into adulthood if not treated properly (World Health Organization, 2025). The results of the Indonesian Youth Mental Health Poll (I-NAMHS) in 2022 even showed that one in three Indonesian adolescents experienced mental health problems in the previous 12 months, equivalent to more than 15 million individuals aged 10-17 years, with anxiety disorders being the most common psychological dysfunction (Indonesia National Adolescent Mental Health Survei, 2022). According to WHO, almost 10- 20% of adolescents have experienced mental health problems, and 450 million people around the world suffer from mental health disorders (World Health Organization, 2025). This phenomenon shows that mental health problems are no longer just individual problems, but have become public health challenges that must be addressed in a multidisciplinary manner (Maula et al., 2023).

The news of young mental health in the archipelago itself in 2018 showed the dominance of emotional psychiatric problems, with signs of anxiety and depression at the age of 15 years old amounting to 9.8%, higher than the dominance in 2013, which was only 6%. However, in 2022, cases of severe mental disorders such as schizophrenia were 6.5 per 1,000 population, and depression was 0.2 (Bali Provincial Public Health, 2023). Referring to the achievements of Primary Health Research by Regencies/Cities of Bali Province, the prevalence of mental emotional disorders aged 15 years and above was 8.43%, with an incidence rate an increase of 4.4% (Ministry of Health Republic Indonesia, 2018). The results of primary health research are based on the top 4 incidents of mental emotional barriers aged >15 years, namely Buleleng Regency with 18.09% of incidents, Jembrana Regency with 13.68% of incidents and Bangli Regency with 12.68% of incidents, while the prevalence of mental emotional disorders in Denpasar City is 5.21% of incidents (Ministry of Health Republic Indonesia, 2018).

According to a report by the Denpasar City Health Office, the number of individuals with mental disorders recorded in 2023—categorized by district and community health center (Puskesmas)—was 1,136; North Denpasar District recorded the highest figure, specifically at the Denpasar City Health Office's Puskesmas III, with a total of 235 individuals (Denpasar City Public Health, 2024). Data from community health centers in the North Denpasar District indicate that 32 adolescents showed signs of mental health issues between 2022 and 2024. According to previous research, the impact

of urbanization on individuals' mental health in Indonesian cities is linked to population density, poor environmental conditions, and socio-economic inequality (Prismawan & Michael, 2024). These aspects contribute to the increase in psychiatric problems such as depression, depression, and post-traumatic stress disorder, especially in vulnerable groups such as adolescents and women. Family environment, academic pressure, social media, and the quality of relationships with peers affect individual well-being.

Several studies have noted that there is a positive correlation between peer help and the mental condition of young people. People who receive good social support, including from peers, tend to have better mental health levels (Cahyani et al., 2019). Conversely, a lack of social support can increase the risk of stress and depression. A horrible social atmosphere, including interaction with unsupportive peers, can be a risk factor for the emergence of maladaptive behavior and decreased mental health (Wahyuni et al., 2024). Previous research found that peers and the learning circumstances can affect students' stress levels (Fajarsari et al., 2023). However, the reality is that the environment around teenagers is sometimes not fully supportive. At this stage, peers become a source of influence that can even exceed family influence in terms of decision-making and behavior formation. Therefore, a study on the relationship between peer support and mental well-being in youth is needed. Research on the relationship between peer support and mental health in adolescents at Dwijendra Senior High School Denpasar is important because the results are expected to provide input for schools, parents, and related parties to design interventions to prevent mental health disorders.

OBJECTIVE

The purpose of this study is to analyze the relationship between peer support and mental health in adolescents at Dwijendra Senior High School, Denpasar.

METHOD

Design, Population and Sample

This study used a quantitative design with a correlational analytical approach to analyze the relationship between peer support and mental health in adolescents. The research design used is cross-sectional. The research was conducted at Dwijendra Senior High School in 2025. The population was 275 students in the first level. The sampling technique used was probability sampling using the stratified random sampling method, so that a sample of 163 respondents who met the inclusion criteria was obtained, namely, active students of class X, willing to be respondents, and exclusions, i.e., students who did not complete the questionnaire or were not present at the time of the study. The independent variable in this study was peer support, while the dependent variable was adolescent mental health.

Instrument and Data Analysis

Data collection was conducted by researchers, who measured peer support using the questionnaire (Cronbach's Alpha = 0.843) and the Mental Health Inventory (MHI-38) (Cronbach's Alpha = 0.802). Data analysis included univariate analysis to describe respondent characteristics and the distribution of each variable, and bivariate analysis to test the relationship between peer support and mental health using a Spearman Rank correlation test with a significance level of $\alpha = 0.05$.

RESULTS

Table 1. Characteristics of Respondents by Age, Gender (n=163)

Characteristics		Frequency (f)	Percent (%)
Age	15 years	120	73,6
	16 years old	43	26,4
Gender	Male	72	44,2
	Women	91	55,8
Total		163	100

Based on table 1, majority of respondents were 15 years old (73.6%) and 91 (55.8%) were female.

Table 2. The Relationship of Peer Support and Mental Health in Adolescents (n=163)

Peer Support	Mental Health								R	p-value
	Not Good		Good		Excellent		Total			
	f	%	f	%	f	%	f	%		
Height	27	21,4	49	38,9	50	39,7	126	100	0,223	0,004
Medium	16	45,7	13	37,1	6	17,1	35	100		
Low	1	50,0	1	50,0	0	0	2	100		
Total	44	27,0	63	38,7	56	34,4	163	100		

Based on the analysis in Table 2, the Spearman Rank test yielded a significant p-value of $0.004 < 0.05$. This indicates a correlation between peer assistance and mental conditions in young people at Dwijendra Senior High School, Denpasar. The correlation coefficient score of 0.223 indicates a low relationship between the two elements. Positive correlation indicates that good peers make for better mental conditions in adolescence. With a p-value of 0.004, it can be concluded that there is a significant relationship between peer help and mental state in young people.

DISCUSSION

This study finding is in line with a previous study, which found a significant correlation between peer support and adolescent mental well-being (Anggarjita et al., 2025). The research corroborates that social help from peers acts in reducing the dangers of stress, anxiety, and depression in high school students. Adolescents who receive high assistance from peers have a higher level of mental constraints and more complex mental benefits than adolescents who receive minimal assistance (Rahmania & Puriani, 2026). Positive interactions with peers can serve as a means to share experiences and foster mutual understanding, as well as provide a sense of security and acceptance.

In addition, Maula et al. emphasized that good social interaction among peers plays a major role in fending off the onset of psychiatric problems such as social anxiety and depression (Maula et al., 2023). Peer support can be a source of energy for adolescents in overcoming academic pressure and personal conflicts. Mental health disorders, especially in adolescents, are influenced by internal and external aspects. Internal factors include biological and psychological aspects, such as a family history of mental disorders, hormonal changes, certain medical conditions, personality, traumatic experiences, and less adaptive coping skills (Irsanin, 2024). Meanwhile, external elements that affect young people's mental health problems include the way parents raise them, interactions with peers, and family socioeconomic conditions (Haniyah et al., 2022).

Previous studies also emphasized that in addition to peer support, elements of parenting patterns, living environment, and socioeconomic circumstances also affect adolescents' mental health (Haniyah et al., 2022). Researchers argue that peer support plays a crucial role in shaping adolescent mental health. It is a highly influential factor, as adolescents frequently interact with peers in their daily lives, thereby forming a support system. This study's main finding was that most of the respondents (77.3%) who received high peer support had excellent mental health. Peer assistance has a crucial role in maintaining the welfare of your soul. Emotional support, such as listening to complaints, providing encouragement, and providing a sense of security, can reduce feelings of isolation and anxiety. This support can also serve as a protection against the appearance of symptoms of mental disorders, especially in challenging times such as adapting to a new school environment or preparing for exams.

CONCLUSION

The characteristics of the respondents in this study are dominated by adolescents aged 15 years and females. The majority were women (55.8%). This shows that the study respondents are mostly in the early stages of adolescence with predominantly female participants. Most adolescents at Dwijendra Senior High School had a high level of peer support (77.3%), and most of them were in good mental health conditions (38.7%). Bivariate analysis showed a meaningful relationship between peer support and adolescent mental health at Dwijendra Senior High School, with a p-value of 0.004 ($p < 0.05$). These findings confirm that peer support plays an important role in maintaining and improving adolescent mental health.

REFERENCES

- Anggarjita, J. T., Febriana, B., & Setyowati, W. E. (2025). The Relationship Between Peer Support and Mental Health Levels Among Adolescents. *Corona: Jurnal Ilmu Kesehatan Umum, Psikolog, Keperawatan Dan Kebidanan*, 3(1), 253-258. <https://doi.org/10.61132/corona.v3i1.1552>
- Bali Provincial Public Health. (2023). *Bali Province Health Profile*.
- Cahyani, N. K. S., Satriani, N. L. A., & Sagitarini, P. N. (2019). Mental Health Profile of Final-Year Undergraduate Nursing Students at ITEKES Bali During the COVID-19 Pandemic. *Community of Publishing In Nursing (COPING)*, 9(4), 383-390. <https://doi.org/10.24843/coping.2021.v09.i04.p03>
- Denpasar City Public Health. (2024). *Denpasar City Health Profile 2023*.
- Fajarsari, D., Purwanti, S., & Suryandari, A. E. (2023). The Relationship of Environment and Academic Activities with Stress Levels in Adolescents. *Ensiklopedia of Journal HUBUNGAN*, 5(2), 230-235. <https://doi.org/10.33559/eoj.v5i2.1503>
- Haniyah, F. N., Novita, A., & Ruliani, S. N. (2022). The Relationship Between Parenting Styles, Peers, Living Environment and Socioeconomic Factors with Adolescent Mental Health. *Open Access Jakarta Journal of Health Sciences*, 1(7), 242-250. <https://doi.org/10.53801/oajjhs.v1i7.51>
- Indonesia National Adolescent Mental Health Survei. (2022). National Adolescent Mental Health Survey (I-NAMHS): Research Report. In *Mental Health*.
- Irsanin, A. S. (2024). The Relationship between Authoritarian Parenting Styles and Andini's Adolescent Mental Health. *RISOMA : Jurnal Riset Sosial Humaniora Dan Pendidikan*, 2(5), 142-148. <https://doi.org/10.62383/risoma.v2i5.321>
- Maula, Y. N., Lina, N., & Neni. (2023). The Relationship Between Parenting Styles, Peer Environments, and Adolescent Mental Health at SMA Negeri 2 Majalengka in 2023. *Jurnal Kesehatan Komunitas Indonesia*, 19(2), 104-114. <https://doi.org/10.37058/jkki.v19i2.8642>
- Ministry of Health Republic Indonesia. (2018). National Primary Health Research Report 2018. In *Ministry of Health Republic Indonesia*. Ministry of Health Republic Indonesia.
- Nuramanah, A., Gumilar, A. F., & Chintika, N. D. (2023). The Effect of Environmental Quality on Mental Health in Adolescents. *Medic Nutricia : Jurnal Ilmu Kesehatan*, 1(4), 1-15. <https://doi.org/10.5455/mnj.v1i2.644>
- Prismawan, D., & Michael. (2024). Dampak Urbanisasi terhadap Kesehatan Mental di Perkotaan Indonesia dan Peran Intervensi Kefarmasian: Studi Literatur. *Jurnal Perkotaan*, 15(1), 1-10. <https://doi.org/10.25170/perkotaan.v15i1.5531>

Astiti, Andini, & Sanjiwani: The Relationship Between Peer Support And Mental Health in Adolescents at Dwijendra Senior High School, Denpasar

Rahmania, G. N. A., & Puriani, R. A. (2026). The Relationship Between Social Support and Adolescent Mental Health in the School Environment. *Edukasi Elita: Jurnal Inovasi Pendidikan*, 3(2), 161-171. <https://doi.org/10.62383/edukasi.v3i2.2987>

Wahyuni, I. T., Widayanti, D. M., & Mayasari, A. C. (2024). The Relationship Between Stress Level and Social Environment With Smoking Behavior in Adolescents At SMPN 44 Surabaya. *Jurnal Keperawatan Dan Kesehatan Masyarakat Cendekia Utama*, 13(3), 244-248. <https://doi.org/10.31596/jcu.v13i3.2438>

World Health Organization. (2025, September 1). *Mental health of adolescents*. <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

